

IRELAND Cur'd of all Distempers;  
BEING,

# The English Physicians Advice

TO THE

Protestant OFFICERS and SOLDIERS,

Required in this Present Expedition for

IRELAND,

For the Prevention, also the Speedy Cure, of that Epidemical *Irish* Distemper,

## The Bloody-Flux.

With a Physical Description of the Nature of that Climate, and the Causes of the Distempers incident to those Persons who are not Natives of that Kingdom.

Very Proper and Useful for all Gentlemen and others, whose Affairs call them into that Island.

By D. Baldwin Physician, and of many Years Practice in the City of Dublin.

**S**ince there are many Distempers that happen to the Bodys of Mankind in this World, for want of a due knowledge of the Causes from whence they spring, or a timely Caution to prevent the unhappy Effects of such Occult Qualities which lye conceal'd from the common apprehensions of those who are most lyable to the Dangers they produce, I have thought it therefore absolutely necessary (being a Physitian of many Years Practice in *Ireland*) though *English* bred and born) to make known to all *English* Officers and Soldiers, and other Gentlemen, who are required by this Expedition for *Ireland*, a little of the Nature of that Country, and the chief Causes of the *Flux* and other Distempers that are most Epidemical to the *English* Strangers in that Island, which with easie care, may be very happily prevented.

First, I shall proceed to the Nature of its Climate, which is somewhat Cold, and very subject to nauseous and unwholsome Fogs, by reason of their many Boggs, which are chiefly caus'd and continued by Excessive Rains, and not by Springs, or any overflux of Rivers, which renders the Vapours that ascend from their Boggs and Low-lands, of great prejudice to those Bodys that have no Natural Sympathy with that Climate. The Land, by great Rains, is continually kept Moist, they having in the Winter little or no benefit of Frost; for want of which, their Grasse the Year round, is of a Chilly Waterish Quality, and feeds not the Flesh of their Cattle so firm as our *English*, but fills their Bodys full of Cold and Moist Humours, which is very detrimental to the Bodys of those that feed thereon, and is one main cause of the *Flux* in that Countrey, except due care be taken in the Dressing or preparing of it; therefore I advise all, as a Friend and Physitian, that intend for that Countrey, to let their Beef and Mutton be well Roasted, Boyl'd, or Broyl'd, before they Eat it, and not with the Gravy in it, as we are subject to do in *England*; for as it here breeds the *Scurvy*, in *Ireland* it causes the *Flux*; which, with a due observance of the Caution I have given you, may be prevented.

In the next place, take care ye Drink not much of their *Bonny-Clapper*, (as they call it)

which is a stale and fowrish Milk, and equally prejudicial with what I before mentioned; therefore observe to avoid this, and carefully prepare the other, and I dare engage you free from the *Flux* during the whole time of your continuance.

Now I have inform'd you which way with Care, you may prevent the *Flux*, I think it equally Necessary, to discover to you a Remedy for it, which I do not with any other end or interest, than to give my self the satisfaction of being an Instrument in the Publick Good of my fellow Creatures, which I have ever studied; therefore be assured, the Receipt I have here Published, is as prevalent against that Distemper, as any that ever yet was known, which I can assure you by Experience; therefore take it as follows; And so Farewel.

### The RECEIPT.

**W**hen you find your self beginning to suffer under the *Flux*, which will steal upon you at first by a Looseness and Gripping; which, as it encreases, is accompanied with Vomiting, Thirst, Faint Sweats, Feavors, &c.

Therefore, in the beginning, gently Purge with an Infusion of Rubarb, (viz.) a Dram, Infus'd in four Ounces of White-wine over a Fire, so as to Simber: Take it any hour of the day, for it will only give you three or four gentle Stools, working chiefly upon the Cause: After it hath wrought, take twenty Drops of Liquid Laudan in a little Mint-water; every Six hours during the continuance of your Drought: Then take half an Ounce of Powder of Burnt Harts-horn, of Mint a handful, Cinnamon two Drams; Boyl these in two Quarts of Spring-water, till it comes to three Pints, then Strain it, (and do not throw away the Ingredients, for they will serve twice) and put in to it four Ounces of Spirit of Cinnamon, when Strain'd, and drink now and then a Wine-Glass full of this Mixture, and I question not, but this, with Abstinence from Flesh, will quickly Ease and Cure the Patient of his Affliction.

All the Ingredients may be had at Easie Rates, at any Apothecaries.

Licensed according to Order.

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